

## **RULEBOOK CROSSFIT® LOWLANDS THROWDOWN 2020**

### **Naming conventions in this document**

CLTD: CrossFit® Lowlands Throwdown

QUALIFIER: The qualifier competition period

FINALS: The FINALS of the Lowlands Throwdown

THE EVENT: The QUALIFIER and/or FINALS

ATHLETE: The athlete competing in the Qualifier or the Finals

TEAM: Teams consist of two (2) men and two (2) women

AFFILIATE: A CrossFit® 'box' or gym

THE OPEN: The CrossFit® Games Open 2020 (held from October 10, 2019 until November 11, 2019)

COMPETITION CORNER: this is an U.S.A. based online competition platform that is used by CLTD.

### **CHANGES**

29-11-2019 (version 1)

- Initial version.

30-01-2020 (version 2)

- teams waiver deadline (10.2)
- team member substitution deadline (10.4)
- team qualifier clarification (10.5)

04-03-2020 (version 3)

- number of invited athletes depends on invites (7.4)

11-03-2020 (version 4)

- number of athletes in Elite division (7.1)

### **CHAPTER 1. THE LOWLANDS THROWDOWN**

1. The CLTD is a CrossFit® Sanctional™ event.
2. The FINALS are from 29 to 31 May 2020.
3. The QUALIFIER for the FINALS is from 5 to 10 March 2020.

### **CHAPTER 2. GENERAL RULES, TERMS AND CONDITIONS**

1. To participate in any stage of the CLTD, every ATHLETE must agree to any and all Rules and Policies, including, without limitation, the Assumption of Risk, Publicity Release and Drug Testing Policy, all of which are incorporated herein by reference, and to the decisions of the CLTD organization which are final and binding in all respects.
2. All ATHLETES are required to have completed and abide by the appropriate waivers and documentation as outlined by the CLTD, paid and validly registered for entry, completed an online (QUALIFIER) and on-site (FINALS) check in process, and must

be wearing official event identification and/or credentials where specified at the FINALS.

3. All ATHLETES agree to compete in a sportsmanlike manner.
  - i. Unsportsmanlike behaviour, such as arguing with an official or representative of the CLTD, taunting, heckling, fighting or any conduct which would bring disrepute upon the CLTD, the competition, other competitors, or spectators or event sponsors, as determined by the CLTD in the eyes of the viewing public or the community, may be grounds for penalty, suspension, disqualification, removal from the event, disqualification from future events or legal action.
  - ii. Any action that prevents another ATHLETE from having a fair opportunity to compete (e.g., abuse or alteration of equipment, refusal to follow instruction) or that interferes with ATHLETE and Event Judge communication (e.g., external noise devices, bull horns, air horns, etc.), or is generally disruptive to the Event, is not allowed.
  - iii. ATHLETES will be held accountable for the behaviour of their coaches, supporters and guests. If the conduct of any member of such group or groups is deemed by the CLTD to be unsportsmanlike or disruptive to the competition, then the coach, supporter, guest, and/or ATHLETE is subject to the same disciplinary actions as stated in Section 3.i.
  - iv. This is not an exhaustive list and is meant as a guide to the ATHLETE, Coaches and other attendees. This is not intended as a limitation on the CLTD's rights to operate the competition in any manner it sees fit. The CLTD reserves the right to terminate any ATHLETE, Coach, Staff, Volunteer, Judge, Visitor, Guest, Supporter and/or Spectator participating in, attending or viewing any sponsored, sanctioned or supported Event at any time, with no further obligation or duty to such individual.
  - v. CLTD may disqualify any individual it finds to be tampering with the entry, registration or submission process or the operation of THE EVENT or the website, or any website related to THE EVENT; to be acting in violation of the official rules; or to be acting in an unsportsmanlike or disruptive manner, or with intent to annoy, abuse, threaten, or harass any other person. Any use of robotic, macro, automatic, programmed, or other such entry methods will void all such entries by such methods. In the event of a dispute as to entries submitted by multiple users having the same identifying information, CLTD reserves the right to determine, at its sole discretion, the correct submission in accordance with the rules.
4. It is the sole responsibility of the winners and/or compensated ATHLETES to present valid identification when requested.
5. All information provided, either in registration submissions, scores, times, reps or rounds completed, must be the complete truth. A lack of integrity, or any actions that evince an intent to cheat or circumvent the Rules or intent of the Rules of the CLTD, including lying (as one example)—will result in disqualification.
6. All times, deadlines etc. mentioned in our communications are in Central European (Summer) Time.

7. CLTD is not responsible for any inaccurate entry information, whether caused by website users or any of the equipment or programming associated with or utilized in THE EVENT. CLTD assumes no responsibility for any error, omission, interruption, deletion, defect, or delay in operation or transmission of any website related to THE EVENT, or for communications line failure, or for theft or destruction, tampering, or unauthorized access to entries, registration, participation, and/or entry information. CLTD is not responsible for any problems or technical, hardware, or software malfunctions of any telephone network or telephone lines, failed, incorrect, inaccurate, incomplete, garbled, or delayed electronic communications, whether caused by the sender or by any of the equipment or programming associated with or utilized in THE EVENT, computer online systems, servers or providers, computer equipment, software, failure of any email, submission or entry to be received by CLTD due to technical problems, human error or traffic congestion, unavailable network connections on the internet or any website, or any combination thereof, including any injury or damage to a participant's or any other person's computer relating to or resulting from participating in THE EVENT or downloading any materials related to THE EVENT.
8. If, for any reason, THE EVENT is/are not capable of running as planned by reason of infection by computer virus, bugs, worms, tampering, unauthorized intervention, fraud, technical failures, epidemic, or any other causes beyond the control of CLTD, which, in the sole opinion of CLTD, are corrupt or affect the administration, security, fairness, integrity, or proper conduct of THE EVENT, CLTD reserves the right to void suspect registrations or submissions and/or to cancel, terminate, modify, or suspend THE EVENT and select the winner from among all eligible, non-suspect registrations or submissions received prior to cancellation, termination, or suspension. CLTD has no obligation to operate or produce THE EVENT (or any part thereof), and there is no obligation to broadcast THE EVENT, even if THE EVENT take place.
9. In the event that THE EVENT competition is canceled, CLTD (or any party) has no obligation to award any prize money.
10. All decisions by CLTD concerning eligibility, qualifying for, and judging related to THE EVENT are final and not subject to challenge or appeal. CLTD shall own and shall have no obligation to return or maintain any materials submitted as part of the qualification or registration process for THE EVENT.
11. Under no circumstances will CLTD be responsible or liable for any damages or losses of any kind, including direct, indirect, incidental, consequential, or punitive damages arising out of access to and use of the CLT website (of sites being used) or the downloading from and/or printing of material downloaded from said site(s).
12. Image Rights: by participating in THE EVENT, the ATHLETE and/or TEAM gives express consent to actual or simulated likeness being included within any film, photograph, audio, and/or audiovisual recording to be exploited in any and all media for any purpose at any time throughout the world, the copyright to which shall be owned by the CLTD or its contractors without payment or compensation. If a parent attends THE EVENT with his/her child aged under 18 years, the parent gives the foregoing express consent on their behalf.

13. Terms of sale: the CLTD uses COMPETITION CORNER to process ATHLETES and TEAMS. The standard terms of sale of COMPETITION CORNER apply to all ATHLETES and TEAMS. After a payment is made (deposit or full) an e-mail acknowledging the payment is sent. If you have not received an email from us within 48 hours of making payment, please contact us at [info@crossfitlowlandsthrowdown.nl](mailto:info@crossfitlowlandsthrowdown.nl). Entry fees are sold subject to the CLTD right to alter or vary the published event programme. The CLTD reserves all rights in this regard. Any published start and finish times at THE EVENT are estimates only and are subject to change. The CLTD is not liable for any change of a published start or finish time. Entry fees are not transferable.

### CHAPTER 3. PARTICIPATION REQUIREMENTS

1. Subject to the CLTD's age restrictions and other requirements, anyone that is able to perform the workouts as prescribed (Scaled or Rx) may attempt to register to compete as an ATHLETE in the CLTD. Such registration is subject to each prospective ATHLETE's affirmative agreement to comply with the CLTD's policies, rules and regulations, as determined by the CLTD at its sole and absolute discretion. ATHLETES under 18 must be accompanied by an adult who has legal custody over the ATHLETE.
2. All ATHLETES must compete in the QUALIFIER in order to advance to the FINALS. However, the CLTD reserves the right, at its sole and absolute discretion, to invite past winners, guest ATHLETES or others, to participate in any stage of competition. This decision may be made to preserve the traditions and spirit of the CLTD or for any other reason at the sole discretion of the CLTD.
3. All ATHLETES must validly and truthfully register online at COMPETITION CORNER. Upon registration the ATHLETE agrees and consents without reservation to processing of personal data by COMPETITION CORNER. It is the ATHLETE's sole responsibility to provide current, valid and truthful information, including email address, full (real) name and date of birth.
4. Registration of an ATHLETE for THE EVENT is only valid if the registration and service fee is paid in full before the registration deadline.
5. The registration and service fee are published on [www.crossfitlowlandsthrowdown.nl](http://www.crossfitlowlandsthrowdown.nl) and on the platform of COMPETITION CORNER.
6. There are 16 divisions for competition. There are no other recognized divisions beyond those listed.
  - Open Elite women
  - Open Elite men
  - Open Rx women
  - Open Rx men
  - Open Scaled women
  - Open Scaled men
  - Masters Rx women 35-39
  - Masters Rx men 35-39
  - Masters Rx women 40-44
  - Masters Rx men 40-44

- Masters Rx women 45+
- Masters Rx men 45+
- Teen Rx Boy
- Teen Rx Girls
- Teams Elite (2 men, 2 women)
- Teams Rx (2 men, 2 women)

7. For the QUALIFIER the Elite and Rx division are combined. For the FINAL, the ranking after the qualifier determines the placement in the Elite or Rx division.
8. The ATHLETE's age as of May 29, 2020 will determine for which divisions you are eligible to subscribe.

Division	Born date
Teen Rx	Born on or between 30-5-2002 and 29-5-2004
Open Elite/Rx	Born on or before 29-5-2002
Open Scaled	Born on or before 29-5-2002
Masters Rx 35-39	Born on or between 30-5-1980 and 29-5-1985
Masters Rx 40-44	Born on or between 30-5-1975 and 29-5-1980
Masters Rx 45+	Born on or before 29-5-1975
Team Elite/Rx	Born on or before 29-5-2002

9. For individuals, there are age divisions (all masters and teens) and open divisions (Elite, Rx, Scaled).
10. For each division ATHLETES can qualify for the FINALS.
11. There are no separate scaled divisions for Teens and the Masters categories. ATHLETES who want to do the scaled variant can enter the Open Scaled division. There are no scaled workouts for Teams.
12. A Masters ATHLETE can subscribe to their Master division based on their age, **or** can subscribe for the Open division. Subscribing to both is not allowed.
13. If an ATHLETE wants to change the division, the ATHLETE must contact CLTD by email at [info@crossfitlowlandsthrowdown.nl](mailto:info@crossfitlowlandsthrowdown.nl) at least 24 hours before the registration deadline to have his/her division changed.
14. After a change has been requested it is not possible to revert the change; after the athlete has been transferred to another division, it is no longer possible to qualify in the original division.

## CHAPTER 4. REGISTRATION DETAILS

1. Participation in THE EVENT is subject to payment of a registration fee. All payments are FINAL. No refunds or transfers will be permitted, regardless of reason (injury, illness, change in work schedule, deployment, etc.).
2. Registration prices do not include costs from COMPETITION CORNER or currency conversion fees. The service fee COMPETITION CORNER charges is subject to their terms and conditions.
3. Registration, participation and qualification for all ATHLETES requires consent to the Dutch National Doping policy 'NATIONAAL DOPINGREGLEMENT' as described at the "Doping Autoriteit" website:  
<https://www.dopingautoriteit.nl/juridisch/nationaaldopingreglement>
4. All ATHLETES are subject to Drug Testing at any time once they have registered to compete, including during the QUALIFIER.
5. Tips for staying clean can be found on the doping autoriteit website:  
<https://www.dopingautoriteit.nl/voorlichting/topsporters/tips-schone-sport>
6. CLTD may recognize drug policy violations, including positive drug tests, reported by other anti-doping organizations (e.g., US- ADA) from in-competition or out-of-competition testing performed by these agencies on behalf of other sports-governing bodies. Upon learning of a positive test result or other violation, CLTD may provisionally suspend an athlete awaiting a final decision by the testing agency or sports-governing body. Once a final decision in the case has been announced by the testing agency or sports-governing body, CLTD will, in each case, determine its own sanction for the athlete involved.
7. An athlete may compete in the QUALIFIER as an individual and as a team member. Both require separate registration. If the athlete qualifies as an individual and as a team member, the athlete must choose: or to compete as an individual, or to compete as a team member at the FINALS. In the FINALS it is not allowed to participate as an individual and as a team member.

## CHAPTER 5. STANDARD COMPETITION PROCEDURES

1. For the QUALIFIER and the FINALS the Workout Format will be released by the CLTD and communicated uniformly to all ATHLETES online and/or on site.
2. A scoring format will be announced before the start of competition.
3. Any infraction to the Movement Standards or Range of Motion will result in loss of the repetition(s).
  - i. Uncommon Movement Clause: Any movement deemed uncommon, out of the ordinary or used to amend, shorten or change the accepted Movement Standard or Range of Motion including line of action of any Event Movement can and will be disallowed

- ii. Physical limitations in Range of Motion from prior physical defects or temporary or permanent injuries that are obvious and clearly definable by demonstration and are brought to the attention of the CLTD Head judge or the assistant CLTD Head judge **prior** to the beginning of the competition may be granted an exception at the CLTD's sole discretion. (ATHLETES competing at the QUALIFIER must email [info@crossfitlowlandsthrowdown.nl](mailto:info@crossfitlowlandsthrowdown.nl) 24 hours before the registration deadline) These cases are very rare and will be handled on a case-by-case basis.
4. For the QUALIFIER, judging and/or validation are not mandatory and or required to make any CLTD workout result official. However, it is strongly advised to have a judge.
  5. The ATHLETES and TEAMS are responsible for making sure they perform the workout as prescribed, including performing all the required movements to the described standard, counting and completing all of the required reps, using the required equipment and loads, meeting the required time and meeting all submission requirements, including filming the Qualifier workouts.
  6. **Proper attire** is required at all Events.
    - a) No attire shall interfere with Event Judging and/or the ability to see the Event Movement Standard or Range of Motion.
    - b) Subject to the CLTD's **prior approval**, belts, non-tacky gloves, hand tape, neoprene joint sleeves and common fitness wear may be allowed during competition. However, no grip assistance or weight support may be derived from any device worn. In general, gear is allowed that improves safety and/or comfort but does not confer advantage. The following is allowed:
      - Chalk/magnesium (will be provided at the FINALS)
      - Coach tape.
      - Wrist straps (for support of the joint, NOT for grip assistance. You know the difference!)
      - Support belts.
      - Hand protection.
      - Sleeves.
    - c) It is not allowed to use both hand protection and taped bar.
    - d) Proper attire may include official uniforms or apparel, depending on the stage of competition.
  7. Once an ATHLETE or TEAM enters the competition floor, they may not receive any outside material assistance (water, tape, chalk, etc.) from spectators or coaches.

## CHAPTER 6. SPECIFIC RULES FOR THE QUALIFIER

1. Registration starts Sunday 1-12-2019, through COMPETITION CORNER.
2. Registration closes Monday 9-3-2020 12:00 CE(S)T.
3. Workouts will be released Wednesday evening 4-3-2020.
4. ATHLETES and TEAMS can do the QUALIFIER workouts on:  
Thursday 5-3-2020,

Friday 6-3-2020,  
Saturday 7-3-2020,  
Sunday 8-3-2020,  
Monday 9-3-2020, or  
Tuesday, 10-3-2020

5. Scores must be submitted **before** Tuesday evening 10-3-2020 21:00 CE(S)T.
6. The ATHLETE and TEAM who meet meet the minimum work requirement and have the best performance over multiple workouts in the QUALIFIER, can be invited to advance to the FINALS.
7. During the qualification at their AFFILIATE, AFFILIATE owners have the authority to stop or suspend an ATHLETE at any point in competition if he or she feels that the ATHLETE is at risk of serious injury to himself/herself or others.
8. ATHLETES and TEAMS must complete all workouts on the same day, in the prescribed order.
9. **Repeating the workouts is permitted, but all workouts need to be completed again and in the prescribed order.** It is not allowed to redo one or two workouts solely.
10. Only scores that are part of one three-workouts attempt, performed in consecutive order (workout1, workout2, workout3) may be submitted online to COMPETITION CORNER. **Submitting results from different attempts is not permitted.**
11. If not performed at an official CrossFit® AFFILIATE and with a judge a video registration and submission is required.
12. ATHLETE and TEAMS are advised to perform all workouts with a judge.
13. Instructions for submitting scores and upload videos (if required) are available at <http://help.competitioncorner.net>
14. ATHLETES and TEAMS not completing all QUALIFIER workouts are ranked below ATHLETES and TEAMS that did complete all QUALIFIER workouts.
15. ATHLETES not completing all QUALIFIER workouts or ATHLETES who did not meet the minimum work requirement cannot advance to the FINALS.
16. 'Zero' reps for a workout is equal to not completing the workout.
17. The ATHLETE and TEAMS may only submit scores of workouts completed according to the rules in this Rulebook and the provided workout standards.
18. THE ATHLETE and TEAM are responsible for submitting their own score before the deadline (see 6.5).
19. ATHLETES and TEAMS cannot appeal their score on the scorecard to the CLTD organisation.



20. ATHLETES with equal total points in the ranking will be ranked based on the 'highest' ranking on the individual workouts.

## CHAPTER 7. QUALIFICATION SCHEDULE FOR THE FINALS

1. The number of ATHLETES per division (for each male and female category) at the FINALS is as follows:

DIVISION	FINALS
Open Elite	60 athletes
Open Rx	30 athletes
Open Scaled	15 athletes
Masters Rx 35-39	15 athletes
Masters Rx 40-44	15 athletes
Masters Rx 45+	15 athletes
Teens Rx	10 athletes
Teams Elite	20 teams (80 athletes)
Teams Rx	20 teams (80 athletes)

(For example in the Open Elite, 60 male and 60 female athletes will compete in their division)

2. From THE OPEN the following athletes will be invited for the Open Elite divisions at the FINALS:
  - Top 10 overall from THE OPEN male and female;
  - Top 5 of The Netherlands from THE OPEN male and female;
  - Top 3 of Belgium from THE OPEN male and female;
  - Top 2 of Luxembourg from THE OPEN male and female.
3. The qualifying athletes from THE OPEN, as described in 7.2 must send an email to [info@crossfitlowlandsthrowdown.nl](mailto:info@crossfitlowlandsthrowdown.nl) to request an invite. The invite for the FINALS must be accepted and paid in full amount before Thursday March, 5 2020.
4. The number of ATHLETES receiving an invite for the QUALIFIER Open Elite division depends on the total accepted invitations from THE OPEN athletes and any invites as described in 3.2.
5. Invitations from the QUALIFIER, for each division, male or female, are based on the ranking in their division (high to low).
6. From the QUALIFIER 90 athletes from the Open Elite/Rx division will be invited for the FINALS, minus the total accepted invitations from THE OPEN/OTHER INVITED athletes.

At the FINALS the first 60 ATHLETES (the accepted invites from THE OPEN/OTHER INVITED including the accepted invites from the QUALIFIER) will compete in the Open Elite division (for each male and female category), the remaining 30

ATHLETES will compete in the Open RX division (for each male and female category).

7. If an ATHLETE declines their invite, or does not accept their invite, or has not paid their invite in full amount before the assigned deadline as mentioned in the invitation, the invite is cancelled. CLTD will invite the next ATHLETE from the QUALIFIER ranking in that division.
8. If an invite is cancelled or the ATHLETE withdraws within 4 weeks before the start of the FINALS, the CLTD may choose to discontinue inviting new ATHLETES.

## **CHAPTER 8. VIDEO REQUIREMENTS WHEN QUALIFYING FOR THE FINALS**

1. CLTD requests video's of all three workouts of the QUALIFIER.
2. It is the responsibility of the ATHLETE and TEAMS to film their workouts.
3. The CLTD organization requests the videos by email.
4. Links to the video's must be submitted within 24 hours after requested by the CLTD organisation. The video must be accessible and viewable. If the videos are not submitted in time or not viewable, the score will be deleted/rejected.
5. The video's must comply with the standards as set by the CLTD. READ THEM WELL AND COMPLY.

## **CHAPTER 9. VIDEO SUBMISSION: VALIDATION AND SCORING**

1. Score validation for any online video submission is the sole right of CLTD.
2. The video will be reviewed and scored by the CLTD internal review team. As part of this video review process, the athlete's posted score may be accepted, modified, or invalidated.
3. Reasons for modification or invalidation of a score include, but are not limited to:
  - i. Failure to follow the video submission guidelines, including recording movements from angles, distances, or with lighting effects that do not allow judges to assess whether the movement standards are being met (NOTE: Due to the visual distortion they create, fisheye lenses are not to be used in the filming of video submissions);
  - ii. Violation of the workout format, including movement standards;
  - iii. Workout attire that prevents the judge from determining whether the athlete is meeting the movement standards; and
  - iv. Miscounting repetitions.
4. Athletes submitting videos should have someone monitor their movement during the workout to ensure each repetition meets the required standards.
5. Prior to submitting a video, athletes should review the video to ensure their reps meet the required standards; the camera angle, distance, and lighting permit the

judge to determine whether the movement standards are being met and there are no technical problems with the video itself.

6. There are four possible outcomes that may be applied by the CLTD internal review team in the judging and scoring of online video submissions:
  - i. Good Video: The athlete meets the required movement standards on all repetitions in the workout, and the score posted is correct. The score will be accepted.
  - ii. Valid With Minor Penalty: Over the course of the video, the athlete demonstrates a small number of “no reps” that result in a faster time or higher score for a given workout. A minor penalty will be applied, and a score adjustment will be made to the athlete’s final score. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.\* A minor penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
  - iii. Valid With Major Penalty: Over the course of the video, the athlete demonstrates a significant number of “no reps” that result in a faster time or higher score for a given workout. In this case, a major penalty will be applied and the score may be modified by subtracting 15 percent from the total rep count. If the score is posted in the form of a time, the total time to complete the workout will be adjusted accordingly.\* A major penalty can be applied to more than one movement per workout, resulting in a greater score adjustment.
  - iv. Invalid: Over the course of the video, the athlete fails to complete the workout as required, a significant and unacceptable number of reps performed are “no reps,” or the video does not contain the criteria listed in the video submission standards. The athlete’s score may be rejected, and the video will be removed from the CrossFit® Games website. The athlete will have to submit a new video prior to the score submission deadline to receive a score for this workout.

\* CLTD will apply time penalties based on the movements and/or circumstances in any given workout. Each movement may not have the same time penalty applied to it, and CLTD reserves the right to update time penalties for movements based on the specifics of the overall workout, when specific movements appear in a workout, or the pace of the athlete performing the movement(s).

7. A score adjustment occurs when an athlete’s score needs to be modified based on miscounted reps, “no reps,” or a combination of the two. A score adjustment may stand alone or can be applied in conjunction with a result from a minor or major penalty as described above.

8. Score adjustments may lead to changes in the ranking.

## CHAPTER 10. TEAMS

1. TEAMS and their roster are established at the point of registering for the qualifiers.

2. All team members must sign the online waiver before 9-3-2020 12:00 CE(S)T. If one or more team members did not sign the online waiver, the team is not allowed to enter the competition.
3. The team captain is responsible for submitting the TEAM's scores.
4. You may substitute a team member up until 9-3-2020 12:00 CE(S)T.
5. The qualifier workouts are team workouts and not to be performed individually. The TEAM must do the workouts together, at the same time, at the same location.
6. All scores must reflect the same team roster.
7. If the TEAM qualifies and is invited to the Finals, the TEAM will advance with the registered team roster.
8. An individual may participate either as an Individual Athlete and/or part of a Team during the qualifiers (registration for both required), but:
9. If a member of a TEAM also earns a qualifying spot as an individual ATHLETE and elects to compete as an individual, then the team will not be allowed to compete at the Final. (The individual must choose if qualified for both).
10. The team can replace an athlete until the start of the FINALS (team check in on 29-5-2020). However if an athlete is replaced after Friday 8-5-2020 the signing, etc. at the FINALS can not be changed. A maximum of two team members can be replaced.

## **CHAPTER 11. SPECIFIC RULES FOR THE FINALS**

1. ATHLETES and TEAMS who have received an invitation to participate in the 2020 CLTD FINALS and a request for a video submission must first have their video reviewed and validated before their invitation is official. If an ATHLETE fails to submit a video, their invitation to participate in the FINALS will be retracted and their scores will be invalidated.
2. When receiving an invitation for the final, ATHLETES and TEAMS have to accept the invitation and pay their ticket for the final. The registration fee plus service fee are published on our website. The service fee is charged by COMPETITION CORNER and subject to the terms and conditions of COMPETITION CORNER.
3. ATHLETES have to complete multiple workouts over multiple days. Details will be released prior to the start of any workout and will be consistent for all eligible ATHLETES at the time of release. The ATHLETE that stands atop the Leaderboard at the end of the competition will be determined the winner.
4. ATHLETE area and times
  - a) All ATHLETES and TEAMS are required to stay within, or in the surrounding parts of, the athlete area 15 minutes prior to the start of their heat to collect their scoring card, be assigned a judge and stand-by.

- b) Only ATHLETES and TEAMS will be allowed within the athlete area and changing rooms. No coaches, moms, etc.
5. ATHLETES and TEAMS are required to attend all athlete briefings for rules and details of the workouts.
6. All potential Event Judges are required to attend the Judges meeting.
7. In the event an ATHLETE qualifies both as an individual and as part of a team, the athlete must choose to compete as an individual or as a team member at the FINALS.

### **Disqualification/withdrawal**

8. ATHLETES and TEAMS who are late, or absent from required briefings, athlete staging, heat starts or any other communicated mandatory time schedules will result in a DNS (Did Not Show) and will lead to disqualification from the competition.
9. An ATHLETE or TEAM can withdraw from the competition.
10. For scoring purposes disqualifications and withdrawals are treated equally. The ATHLETE or TEAM is dropped to the bottom of the leaderboard and is out of the competition.
11. The CLTD has the right to disqualify or withdraw an ATHLETE or TEAM from the competition for medical reasons or unsportsmanlike behavior, or any other justified reason. No objection can be made to the CLTD's decision.

### **Judging**

12. Judges are responsible for enforcing the movement standards and validating the ATHLETE's or and TEAMS' score.
13. Judges are instructed not to touch competition equipment or move equipment during a workout unless the equipment will interfere with another ATHLETE's performance or if there is a legitimate safety concern.
14. Non-compliance with a Judge's instructions, bickering with or questioning of a Judge or Event Staff, attempting to show up or publicly embarrass any Judge, Event staff, AFFILIATE owners and staff, Event sponsors, Spectators, other ATHLETES or venue operator or owners, as determined by the CLTD, (Including Event staff), at its sole and absolute discretion, may result in penalty or disqualification of the ATHLETE from an Event and/or future Events. This includes derogatory comments from an ATHLETE's Coach, representative, supporters, guests or entourage.
15. Event Judges and On-site CLTD Staff and AFFILIATE owners during the qualification at their AFFILIATE, have the authority to stop or suspend an ATHLETE at any point in competition if he or she feels that the ATHLETE is at risk of serious injury to himself/herself or others.

## Scoring

16. ATHLETES and TEAMS will be ranked after each workout.
17. DNF - If an ATHLETE or TEAM is unable to complete the minimum work requirement, the result is a DNF (Did Not Finish). That ATHLETE or TEAM will be ranked below all others and gets zero points for the workout.
18. If an ATHLETE or TEAM is unable to complete a workout within a time cap, the number of completed reps is the tiebreaker.
19. If a work out is for time, the work out is completed when the ATHLETE stands up straight on the finish mat.

## Appeals and protests

20. Appeals and event protests may be filed if the ATHLETE believes an error has been made by an official or staff member which caused a negative effect on their score. All ATHLETE event protests, appeals, scoring discrepancies or ruling questions will be filed immediately and before the start of the next workout in their division. Protests, appeals, scoring discrepancies or ruling questions shall be directed to the Assistant Head Judge present during the event in question.
21. The competing ATHLETE (no coaches or other ATHLETES allowed) files the protest by notifying the Assistant Head Judge present by providing their name, ATHLETE number and reason of protest. The Head Judge has final authority on all ATHLETE event protest rulings.

## Prizes

22. Prizes are subject to applicable taxes and withholding and compliance with, and agreement to, the CLTD's prize affidavit, whether or not such prize is cash.
23. Prize money will be paid after the results from all Drug Testing is confirmed.
24. If an ATHLETE violates the drug policy, including a positive drug test, the ATHLETE will not be eligible for any prize money.

## Sharing personal information with CrossFit®

25. ATHLETES and TEAMS in the Elite divisions are deemed to have given permission to share their email address (on top of the regular Leaderboard information) with CrossFit®. This enables CrossFit® to process the final results in their Sanctional Leaderboard(s). ATHLETES or TEAMS who do not wish to do so must make this known by email before the start of the FINALS. This objection must be sent to [info@crossfitlowlandsthrowdown.nl](mailto:info@crossfitlowlandsthrowdown.nl).

## CHAPTER 12. CHANGES

1. The CrossFit® Lowlands Throwdown organisation can revise this rulebook anytime. Changes to the rulebook will be communicated (with changes) on our website <https://crossfitlowlandsthrowdown.nl>.
2. In any case where the rulebook, workout descriptions or other CLTD communication is unclear, the CLTD always has the final word.

### REMEMBER:

1. BE NICE
2. SHOW RESPECT
3. HAVE FUN

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